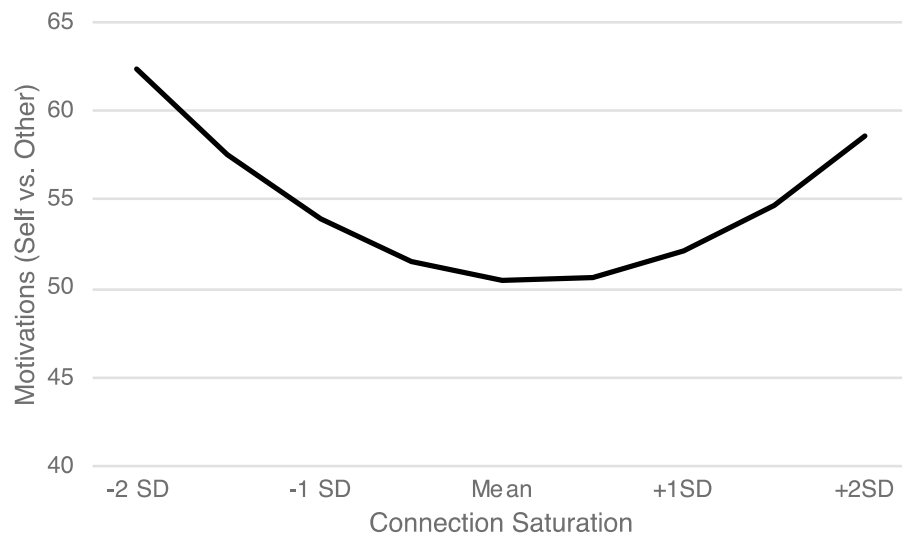


## Online Supplemental Material

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## Supplementary Figures and Tables



**Figure S1.** The curvilinear effect of Connection Saturation predicting self- versus other-focused motivations for adhering to COVID-19 precautions, controlling for cohabitation status.

**Table S1. Model Coefficients for Sociorelational Satisfaction @ Time 2 Controlling for Time 1**

	COVID-19 Concern			Importance			Effectiveness			Motivations			Trust			Message		
	b	t		b	t		b	t		b	t		b	t		b	t	
Sociorelational Satisfaction T1	-.0001	-.00		.08	2.06*		.15	3.63***		.91	.81		.04	.64		.16	2.18*	
Sociorelational Satisfaction T2	-.03	-.45		.03	.75		.03	.66		-.56	-.48		.10	1.59		.05	.69	
Relationship Status	.12	1.19		.09	1.57		.06	1.05		1.88	1.15		.09	1.10		.07	.62	
Cohabitation Status	.12	.88		.03	.34		.14	1.86†		-2.93	-1.37		-.04	.64		.01	.08	
Satisfaction Time 2 x Relationship Status	.09	1.56		-.0001	-.00		-.04	-1.18		.17	.19		.04	.60		-.09	-1.59	

*Note* † $p < 0.1$  \* $p < .05$  \*\* $p < .01$  \*\*\*  $p < .001$

## Focal Measures Time 1 & Time 2

### Connection Saturation:

Which of the following currently best captures how you feel about your connection with others right now?

- 4 = I feel completely disconnected and isolated from others
- 0 = I feel my level of connection with others is just right
- 4 = I feel completely overconnected and too close to others.

### Sociorelational Satisfaction:

Please rate your experience during the last week using the following scale:

1= not at all true, 9=very true

1. I felt a sense of contact with people who care for me, and whom I care for.
2. I felt close and connected with other people who are important to me.
3. I felt a strong sense of intimacy with the people I spent time with.
4. I was lonely.
5. I felt unappreciated by one or more important people.
6. I had disagreements or conflicts with people I usually get along with.

### COVID-19 Concerns:

Please answer the following questions about the COVID-19/coronavirus.

I worry about getting infected with the COVID-19/coronavirus. 1= never, 7=all of the time

I feel vulnerable to the COVID-19/coronavirus. 1= strongly disagree, 7=strongly agree

Getting the COVID-19/coronavirus is something I think about. 1= never, 7=all of the time

### Importance:

In your opinion, how **important** it is to adhere to each of the following COVID-19/coronavirus prevention guidelines.

1= not at all important, 9=extremely important

1. Washing your hands for at least 20 seconds many times throughout the day.
2. Washing or sanitising your hands each time you get home.
3. Covering your nose/mouth with a tissue or elbow when you sneeze.
4. Put used tissues in the bin immediately.
5. Not touching your face.
6. Avoiding people who have symptoms.
7. Avoiding public transit.
8. Avoiding social activities, such as going to pubs, restaurants, theatres and cinemas.
9. Avoiding events with large groups of people.
10. Not having visitors over to your home, including friends and family.

### Effectiveness:

In your opinion, how **effective** do you believe each of the following COVID-19/coronavirus prevention guidelines are.

1= not at all effective, 9=extremely effective

1. Washing your hands for at least 20 seconds many times throughout the day.
2. Washing or sanitising your hands each time you get home.
3. Covering your nose/mouth with a tissue or elbow when you sneeze.
4. Put used tissues in the bin immediately.
5. Not touching your face.
6. Avoiding people who have symptoms.
7. Avoiding public transit.
8. Avoiding social activities, such as going to pubs, restaurants, theatres and cinemas.
9. Avoiding events with large groups of people.
10. Not having visitors over to your home, including friends and family.

### Motivations:

To what extent were your ratings of each of the COVID-19/coronavirus prevention guidelines driven by the following motives or concerns?

0=concern about myself, 100 = concern about others

1. Washing your hands for at least 20 seconds many times throughout the day.
2. Washing or sanitising your hands each time you get home.
3. Covering your nose/mouth with a tissue or elbow when you sneeze.
4. Put used tissues in the bin immediately.
5. Not touching your face.
6. Avoiding people who have symptoms.
7. Avoiding public transit.
8. Avoiding social activities, such as going to pubs, restaurants, theatres and cinemas.
9. Avoiding events with large groups of people.
10. Not having visitors over to your home, including friends and family.

### Government Trust:

Please take a moment to answer the following questions regarding how the government has handled the COVID-19/coronavirus outbreak across the UK.

1=strongly disagree, 7=strongly agree

1. I trust the government's decisions regarding the coronavirus outbreak.
2. I believe the government has taken all the necessary steps to prevent the spread of the coronavirus in the UK.
3. I do not think the government has gone far enough to prevent the spread of the coronavirus in the UK.
4. The government's decision to enforce a strict lockdown is unnecessary.

### Messaging:

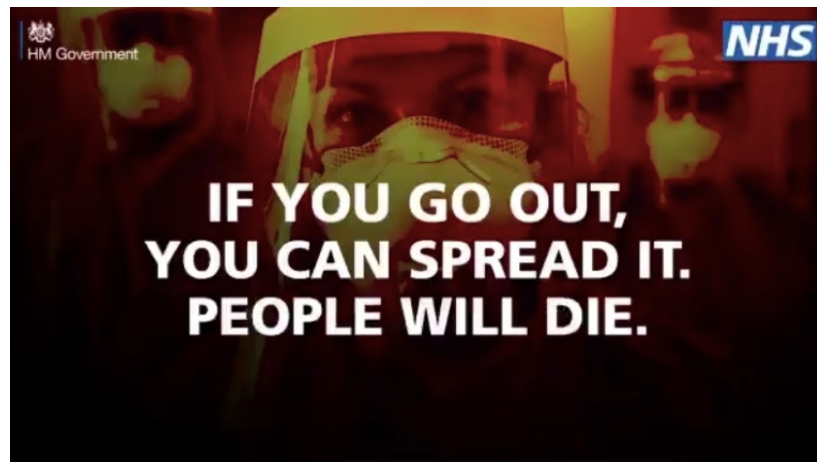
Next we will show you a recent public message from the UK Government. You will be shown the public warning message, followed by a series of questions.

1= strongly disagree, 9= strongly agree

Condition 1:



Condition 2:



1. I would be motivated to change my behaviours because of this message.
2. Others would be motivated to change their behaviours because of this message.
3. This message is convincing.
4. This message is effective.
5. This message is "over the top" or goes too far.